

A. EXERTIONAL LIMITATIONS

☐ None established. (Proceed to section B.)

1. **Occasionally lift and/or carry (including upward pulling)**
(maximum)—when less than one-third of the time or less than 10 pounds, explain the amount (time/pounds) in item 6.

- ☐ less than 10 pounds
- ☐ 10 pounds
- ☐ 20 pounds
- ☐ 50 pounds
- ☐ 100 pounds or more

2. **Frequently lift and/or carry (including upward pulling)**
(maximum)—when less than two-thirds of the time or less than 10 pounds, explain the amount (time/pounds) in item 6.

- ☐ less than 10 pounds
- ☐ 10 pounds
- ☐ 25 pounds
- ☐ 50 pounds or more

3. **Stand and/or walk (with normal breaks) for a total of—**

- ☐ less than 2 hours in an 8-hour workday
- ☐ at least 2 hours in an 8-hour workday
- ☐ about 6 hours in an 8-hour workday
- ☐ medically required hand-held assistive device is necessary for ambulation

4. **Sit (with normal breaks) for a total of—**

- ☐ less than about 6 hours in an 8-hour workday
- ☐ about 6 hours in an 8-hour workday
- ☐ must periodically alternate sitting and standing to relieve pain or discomfort. (If checked, explain in 6.)

5. **Push and/or pull (including operation of hand and/or foot controls)—**

- ☐ unlimited, other than as shown for lift and/or carry
- ☐ limited in **upper** extremities (describe nature and degree)
- ☐ limited in **lower** extremities (describe nature and degree)

6. **Explain how and why the evidence supports your conclusions in item 1 through 5. Cite the specific facts upon which your conclusions are based.**